

Carlsbad Paradise Café by the Sea

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change Reservations: 760-602-4655 ! = 500+MG * = 300-500 MG Sodium	1 Chicken Enchiladas* Mexican Rice Refried Beans* Salsa & Sour Cream Marinated Carrots Flour Tortillas Orange	2 Bratwurst! Mashed Potatoes Gravy, Sauerkraut* Dinner Roll Apple Sauce ALTERNATE SALAD Tuna Salad Croissant	3 Creamy Herbed Chicken with Mushrooms Parsley Potatoes Peas & Carrots Fruited Slaw Biscuit*, Ice Cream	4 Chile con Carne* Baked Potato Cheese Sour Cream Broccoli, Cornbread Fresh Fruit ALTERNATE SALAD Seafood Salad
7 Swedish Meatballs Creamy Dill Sauce Egg Noodles California Vegetables Cucumber Salad Lettuce Leaf Pudding	8 Meatloaf Mashed Potatoes Mushroom Gravy Stewed Tomatoes Peas & Carrots Wheat Bread Apple Strudel	9 Kahlua Pork w/ Tangy BBQ Sauce* Hawaiian Sweet Potatoes Coleslaw, Dinner Roll Pineapple ALTERNATE SALAD Oriental Chicken Salad	10 Salisbury Steak Sautéed Onions, Gravy Mashed Potatoes Broccoli, Wheat Bread Apple Sauce Monthly Movie: "The Martian" 1 to 3 p.m. AUD	11 Tilapia with Mango Sauce Coconut Rice, Glazed Carrots, Spinach Salad Mandarins, Ice Cream ALTERNATE: Chicken Salad Croissant
14 Sloppy Joe's Burger Roll Pasta Alfredo* Corn Coleslaw Pineapple	15 Potato Leek Soup Open Faced Italian Hoagie! Lettuce & Tomato Cranberry Orange Slaw Pudding Armchair Theater: "Before We Go" 1 to 3 p.m. TV Lounge	16 Coq au Vin Rice Broccoli & Carrots Lettuce, Cucumber & Tomato Salad Ice Cream with Peaches ALTERNATE SALAD Chef Salad	17 Corned Beef** & Cabbage Parsley Potatoes Carrots Rye Bread Pears	18 Cheese Ravioli* Marinara Sauce Creamed Spinach Tossed Salad with tomatoes cucumbers Garlic Bread, Fruit ALTERNATE: Chicken Cobb Salad
21 Sesame Ginger Chicken Oriental Vegetables Asian Cabbage Salad Rice Pineapple	22 Roast Turkey Gravy Sweet Potatoes Cornbread Stuffing* Green Beans Cranberry Sauce Cinnamon Apples Armchair Theater: "Cinderella" 1 to 3 p.m. TV Lounge	23 Pork Cutlet with Mushroom Sauce Noodles Warm Beets Mixed Greens Cucumber Salad Fresh Fruit ALTERNATE SALAD Tarragon Chicken Salad	24 BBQ Chicken Potato Salad Baked Beans* Pineapple Slaw Ice Cream 	25 Salmon with Dill Sauce Parsley Potatoes Spinach Tomato Gratin Bread Pudding with Vanilla Sauce ALTERNATE: Chicken Caesar Salad
28 Penne & Grilled Sausage* Marinara Sauce Zucchini Caesar Salad Garlic Bread Tropical Fruit Salad	29 Shepard's Pie Peas Carrot Raisin Salad Lettuce Garnish Dinner Roll Apple Cobbler Armchair Theater: Undercover Bridesmaid 1 to 3 p.m. TV Lounge	30 Pot Roast Carrots, Celery, Onion Parsley Potatoes Tossed Salad Biscuit* Fresh Fruit ALTERNATE SALAD Tuna Salad	31 Margarita Chicken Black Bean & Corn Salsa Cilantro Rice Mandarin Oranges Cookie	 Bingo Every Tuesdays – 1 p.m.

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For information call, 760-602-4650



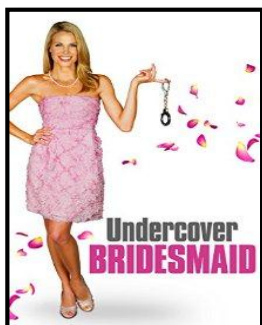
The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior** guests of seniors.

Every Wednesday we offer a salad as an alternate meal. Please specify in advance if you would like the entrée **or** the salad.

Advance reservations can be made in person, by calling [760-602-4655](tel:760-602-4655).

Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).

Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call 760-[602-4652](tel:760-602-4652).



Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).

Wednesdays, transportation alternates between shopping at Stater Bros./Trader Joe's, and shopping at Walmart. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.



No eligible person will be denied a meal or transportation because of failure or inability to contribute.

This program is supported by the City of Carlsbad,
and Older Americans Act funds through San Diego County Aging & Independence Services.

MARCH SENIOR SPECIALS

3/3	1:30 to 3:30 p.m.	Monthly dance: The Billy Harper Band Sponsored by: Carlsbad by the Sea
3/10 & 3/24	12:20 to 1 p.m.	Caring Paws Dog Therapy program visits
3/10	1 to 2:30 p.m.	Morningstar financial education lecture series: Morningstar, a fund investor's best friend
3/10	1 to 3 p.m.	Monthly movie: "The Martian"
3/14	1 to 2:30 p.m.	Book club: "The Marriage of Opposites," by Alice Hoffman
3/15	1 to 3 p.m.	Armchair theatre: "Before We Go"
3/16	10 to 11:15 a.m. 1 to 2:15 p.m.	Smartphone photo tips - new! Picasa – part 3: Photo tips
3/17 & 24	12:30 to 4:30 p.m.	AARP Smart Driver Program
3/22	1 to 3 p.m.	Armchair theatre: "Cinderella"
3/23	10 to 11:15 a.m. 1 to 2:15 p.m.	Travel photography iPad – part 3: Tips & tricks
3/24	10 to 11:30 a.m.	Seminar: The basics of backyard composting
3/29	1 to 3 p.m.	Armchair theatre: "Undercover Bridesmaid"
3/31	10 to 11:30 a.m.	Seminar: The sun and its effects